

What is claimed is:

1. A liquid crystal display element configured by holding a liquid crystal layer between a pair of 5 substrates arranged to face to each other, wherein:

10 a twisted nematic type liquid crystal material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\epsilon$ of $0 < \Delta\epsilon < 8$ and twist elasticity modulus K_{22} of $K_{22} > 6.0$ pN when the refractive index anisotropy Δn is $0.16 \leq \Delta n \leq 0.18$.

2. A liquid crystal display element configured by holding a liquid crystal layer between a pair of substrates arranged to face to each other, wherein:

15 a twisted nematic type liquid crystal material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\epsilon$ of $0 < \Delta\epsilon < 13$ and twist elasticity modulus K_{22} of $K_{22} > 3.0$ pN when the refractive index anisotropy Δn is $0.18 \leq \Delta n \leq 0.20$.

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3. A liquid crystal display element as set forth in claim 1, wherein a range of a cell gap d indicating a distance between said substrates of said liquid crystal display element is $2.0 \mu\text{m} \leq d \leq 3.0 \mu\text{m}$.

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4. A liquid crystal display element as set forth in claim 2, wherein a range of a cell gap d indicating a distance between said substrates of said liquid crystal display element is $2.0 \mu\text{m} \leq d \leq 3.0 \mu\text{m}$.

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5. A liquid crystal display element as set forth in claim 1, wherein a range of a pixel size of a pixel of said liquid crystal display element is $18 \mu\text{m}$ or less.

10 6. A liquid crystal display element as set forth in claim 2, wherein a range of a pixel size of a pixel of said liquid crystal display element is $18 \mu\text{m}$ or less.

7. A projection type display device comprising:
15 a light source;
a light convergence optical system for guiding a light emitted from said light source to a liquid crystal display element; and
a projection optical system for enlarging and
20 projecting a light subjected to light modulation by said liquid crystal display element;
wherein said liquid crystal display element is configured by holding a liquid crystal layer between a pair of substrates arranged to face to each other, and
25 a twisted nematic type liquid crystal

material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\epsilon$ of $0 < \Delta\epsilon < 8$ and twist elasticity modulus K_{22} of $K_{22} > 6.0$ pN when the refractive index anisotropy Δn is $0.16 \leq \Delta n \leq 0.18$.

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8. A projection type display device comprising:
 - a light source;
 - a light convergence optical system for guiding a light emitted from said light source to a liquid crystal display element; and
 - a projection optical system for enlarging and projecting a light subjected to light modulation by said liquid crystal display element;
- wherein said liquid crystal display element is configured by holding a liquid crystal layer between a pair of substrates arranged to face to each other, and
- a twisted nematic type liquid crystal material used in said liquid crystal layer satisfies dielectric constant anisotropy $\Delta\epsilon$ of $0 < \Delta\epsilon < 13$ and
- twist elasticity modulus K_{22} of $K_{22} > 3.0$ pN when the refractive index anisotropy Δn is $0.18 \leq \Delta n \leq 0.20$.